

Discover your WILD SIDE!



Becoming an Outdoors-Woman

Nebraska State 4-H Camp, Halsey, Neb.

October 4-6, 2013

2013 Schedule of Events

This workshop is designed for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop is for you if:

- You have never tried these activities but have hoped for an opportunity to learn.
- You are a beginner who hopes to improve your skills.
- If you would like to try your hand at some new activities.
- If you are looking for the camaraderie of like-minded individuals.

Friday, October 4

10-11:30 a.m.

Check-in and Registration

11:30-1 p.m.

Lunch and Welcome

4-H Camp Director

District Ranger, Nebraska National Forest

Julie Geiser, BOW Coordinator

1:30-5 p.m.

SESSION I

Two Mini Classes OR one Extended Class this session

Mini Classes (1:30-3 p.m.)

1. T.R.U.S.T. Course
2. Knot Tying
3. First Aid
4. Trailing

Mini Classes (3:30-5 p.m.)

5. T.R.U.S.T. Course
6. Knot Tying
7. First Aid
8. Trailing

Extended Classes (1:30-5 p.m.)

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|-----------------------------|-----------------------|
| A. Introduction to Firearms | E. The Primitive Chef |
| B. Canoeing | F. Deer Hunting |
| C. Archery | G. Kayaking |
| D. Fly-Fishing | |

5-6 p.m.

Hunter Education Testing

5-6 p.m.

FREE TIME

6-7 p.m.

DINNER

7:30-9 p.m.

EVENING PROGRAM

9 p.m.

FREE TIME

Saturday, October 5

7-7:45 a.m.

BREAKFAST

8-11:30 a.m.

SESSION II

Two Mini Classes OR one Extended Class this session

Mini Classes (8-9:30 a.m.)

9. Day Hiking
10. Woman vs. Wild
11. Trailing
12. Outdoor Hygiene

Mini Classes (10-11:30 a.m.)

13. Day Hiking
14. Woman vs. Wild
15. Trailing
16. Outdoor Hygiene

• Extended Classes (8-11:30 a.m.)

- H. Beginning Shotgun Shooting
- I. Archery
- J. Rifle Marksmanship/Muzzleloading
- K. Basic Fishing Skills
- L. Animals of Nebraska
- M. Turkey Hunting
- N. Fly-Tying

• Noon-12:45 p.m.

LUNCH

• 1-4:30 p.m.

SESSION III

• **Two Mini Classes OR one Extended Class this session**

• Mini Classes (1-2:30 p.m.)

- 17. Duck and Goose Hunting
- 18. Gun Selection
- 19. T.R.U.S.T. Course
- 20. Gun Cleaning

Mini Classes (3-4:30 p.m.)

- 21. Duck and Goose Hunting
- 22. Gun Selection
- 23. T.R.U.S.T. Course
- 24. Gun Cleaning

• Extended Classes (1-4:30 p.m.)

- | | |
|---------------------------------|-------------------------|
| • O. Reading the Woods | • S. The Primitive Chef |
| • P. Beginning Shotgun Shooting | • T. Kayaking |
| • Q. Introduction to GPS | • U. Camping Basics |
| • R. Bowfishing | |

• 5:30 p.m.

GROUP PICTURE

• 6-7 p.m.

DINNER

• 7:30-9 p.m.

EVENING PROGRAM

• 9 p.m.

FREE TIME

Sunday, October 6

• 7-7:45 a.m.

BREAKFAST

• 8-11:30 a.m.

SESSION IV

• **(All Extended Classes (8-11:30 a.m.))**

- V. Hunting with Handguns
- W. Intermediate Shotgun Shooting
- X. On Pond Fishing
- Y. Photography
- Z. Game and Fish Care
- AA. Bird ID
- BB. Bowhunting Basics and Equipment
- CC. Geocaching

• **Look inside for the following inserts:**

- 1) Registration Information
- 2) Liability/Medical Release
- 3) Hunter Education Information

Sponsored by



Discover your WILD SIDE! Select from these classes.

Mini Classes (1½ hours) – take two per session

DAY HIKING

Learn how to select equipment that will make hiking and backpacking more fun and comfortable. Equipment will be demonstrated and safety will be discussed. Learn about some of the hiking and biking trails across the state. **Outdoor class**

DUCK AND GOOSE HUNTING

This session teaches the basics of waterfowl hunting, including techniques for a successful hunt, safety, gun selection, waterfowl identification, calling, decoy spreads and blind use. No live shooting will be done. **Outdoor class**

FIRST AID

Learn what to do when an accident happens outdoors. Find out how to handle injuries from extreme heat or cold, cuts, broken bones, ways to manage bites and stings and what you should have in your wilderness first aid kit. **Indoor class**

GUN SELECTION

Choosing a firearm can be a daunting task. Learn from the pros how they recommend you make such an important and personal decision. This course will cover gun fit, expectations and needs, safety, and tips that you can use to make the most informed decision.

GUN CLEANING

We will provide the basics to gun cleaning, types of lubricants/solvents and how to break your firearm down for cleaning and putting it back together.

Indoor class

KNOT TYING

Learn to perform knots for general use, and other applications. This class will help you be able to apply knots in various situations such as boating, tying down cargo, camping and survival. **Indoor class**

OUTDOOR HYGIENE

In the outdoors there seldom is much in the way of plumbing. There is no on-demand hot water for washing dishes or bathing, and no flush toilet. Learn some great tips about how to maintain a clean camp, a clean environment and a clean you. **Indoor/Outdoor class**

TRAILERING

Learn to hitch a trailer to a vehicle and safely maneuver it. This is a great opportunity to learn valuable skills in trailering a boat, backing and pulling trailers. **Outdoor class**

T.R.U.S.T. COURSE – CLIMBING, REPELLING AND ZIP LINE

Teams Reaching Understanding and Success Together sums up this session. Build trust in others and yourself through team work while building your confidence. Challenge yourself by climbing a 30-foot wall and repelling down using safety and climbing skills. Then be ready for an exciting line ride over 200 feet of valley while safely harnessed to the cable. **Outdoor class**

WOMAN VS. WILD

At anytime, anywhere, things can go wrong and you might find yourself in a survival situation. In this class you will learn to be aware of your surroundings, how to avoid emergency situations, what you need to be safe and comfortable and how to avoid many of the potential problems we face in the outdoors. This course will provide the preparation skills and confidence to have fun in the outdoors. **Indoor and outdoor class**

Extended Classes (3½ hours)

ANIMALS OF NEBRASKA

This session will discuss Nebraska's amazing biodiversity and how animals interact in the ecosystem. Get ready for a few live animals, lots of skulls and pelts, and a great, hands-on presentation. **Indoor and outdoor class**



ARCHERY

Participants will learn proper equipment selection, correct shooting techniques and form, along with basic archery terminology. Participants will be doing live shooting. Participants may bring their own equipment. **Outdoor class**

BASIC FISHING SKILLS

This intense class will offer hands-on instruction for choosing equipment, as well as landing the fish. Learn about equipment, knot tying, choosing bait, loading a reel and casting in this logical and simple approach to fishing. **Indoor class**

BEGINNING SHOTGUN SHOOTING

Learn proper techniques in gun handling, safety and get tips on how to shoot shotguns. Participants will shoot clay rocks. Firearms and safety items will be provided. Introduction to Firearms, Hunter Education or significant firearm experience is required. Participants must use firearms provided. **Outdoor class**

BIRD IDENTIFICATION

Increase your enjoyment of bird watching and learn different types of bird habitat, as well as seasonal and daily cycles necessary for watching birds. Learn how to identify birds by habitat, sound, color and field markings. Bring your own binoculars and bird guide if you have them. **Indoor and outdoor class**

BOWHUNTING BASICS AND EQUIPMENT

This class will cover the basics of bowhunting and the equipment. You will shoot at various 3-D animal targets from the ground and an elevated stand; learn tree stand selection, safety, preparation for hunting, tracking and preparation and care of game. Participants may bring their own equipment. **Indoor and outdoor class**

BOWFISHING

If you have often thought of archery but really enjoy fishing, this might be next step for you. You will grab a bow and arrows and head to the water as you learn all about the sport of bowfishing in a simulated shooting situation. **Outdoor class**

CAMPING BASICS

Learn how to pack and prepare for a camping trip, starting with the basics. What type of equipment is best for me? Where do I want to go my first time out? Participants will learn how to make camping a positive and more enjoyable experience. This will be a hands-on session demonstrating various types of tents, sleeping bags and other equipment. **Outdoor class**

CANOEOING

Get to know the parts of a canoe and paddle and how to use them together. You will learn paddling techniques and how to read a river current. Depending on weather and water conditions, participants will learn to paddle in a pond then canoe the Middle Loup River. **Outdoor class**

DEER HUNTING

Learn the essentials of hunting deer from gear to techniques through hands-on field experience and simulated hunting situations. You will scout, track and hang stands as we explore the challenge of chasing deer. Be ready for hands-on activity and some hiking. **Indoor and outdoor class**

FLY-FISHING

Class will cover all aspects of fly-fishing, including casting, equipment, instructions on reading water, insects and their hatches and use of various knots. A 2013 Nebraska fishing permit is required. Bring sunglasses or eye protection and fly rod and equipment, if you own them. **Indoor and outdoor class**

FLY-TYING

This class will introduce basic techniques for tying popular warm- and cold-water flies. Participants will tie their own flies. Equipment and materials are provided. **Indoor class**

GAME AND FISH CARE/CLEANING

Learn the easy tips to quickly clean game and fish and prep them for the table. Class will cover techniques, safety and laws every hunter or angler needs to know about transporting game from the field. Participants will clean pheasant and fish. **Outdoor class**

GEOCACHING

Learn what geocaching is, how to enter waypoints into a GPS unit, how to find caches, safety and other considerations of geocaching. After a short classroom introduction, you will hike to find several geocaches hidden in the 4-H camp area. Bring a GPS if you own one. Wear appropriate footwear for hiking. **Indoor and outdoor class**

HUNTER AND BOWHUNTER EDUCATION

Want to certify in Hunter and/or Bowhunter education? We are now offering a new self-study method designed to make your certification more convenient and will work with your participation of events at BOW. To do Hunter and/or Bowhunter education you must take the online course then finish your certificate by taking the appropriate classes at the workshop. See the insert in this brochure next to the registration form for information on what you need to do before the BOW workshop.

HUNTING WITH HANDGUNS

This course will cover the basics of hunting with handguns. Safety, handling and shooting techniques will be covered, as well as how and what to hunt with handguns. Participants will shoot .22 handguns at targets. Introduction to Firearms, Hunter Education or significant firearm experience is required. **Indoor and outdoor class**

INTERMEDIATE SHOTGUN SHOOTING

This offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets. Beginning Shotgun Shooting or previous shooting experience is required. **Outdoor class**

INTRODUCTION TO FIREARMS

Learn basic firearm safety, gun handling, identifying guns and the use of various firearms and types of ammunition. It will help you gain confidence and knowledge about firearms. No live shooting will be done. This course, Hunter Education or significant firearm experience is required for the Beginning Shotgun Shooting, Rifle Marksmanship/Muzzleloading, and Small Game Hunting classes. **Indoor class**

INTRODUCTION TO GPS

Learn what a Global Positioning System is how to use it. Use what you learn

in class to navigate around the 4-H camp and take those skills wherever you may need them. This class will also introduce you to geocaching. **Indoor and outdoor class**



KAYAKING

Learn about different types of kayaks, paddles, equipment, safety and techniques in kayaking. Depending on weather and water conditions, participants will start off in a nearby pond then head to the Middle Loup River during an actual on-water kayaking experience. We suggest bringing half gloves to prevent blisters. **Outdoor class**

ON POND FISHING

Take a trip to the catch-and-release pond with your fishing instructors. You can try fishing with a variety of fishing equipment: rods, reels, fly-fishing, float-tube fishing and fishing from a kayak. A 2013 Nebraska fishing permit is required. Participation in Basic Fishing Skills, Beginning Fly-Fishing or good knowledge of casting and knot-tying is required. **Outdoor class**

PHOTOGRAPHY

Learn outdoor photography from our award winning NEBRASKAland Magazine staff. Using point-and-shoot, 35mm and digital cameras, this class will concentrate on field photography. It will cover basic camera operation, film and exposure, settings, subjects, lighting, composition, and practical field photography. Students may bring their own camera and equipment. **Indoor and outdoor class**

RIFLE MARKSMANSHIP AND MUZZLELOADING

Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders (provided). Learn marksmanship and shooting techniques. Learn how to clean and care for percussion cap rifles, in-line rifles and shotguns. Introduction to Firearms, Hunter Education or significant firearm experience is required. **Outdoor class**

THE PRIMITIVE CHEF

Learn how to cook over a campfire, in a Dutch oven and on a camp stove. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There are several opportunities to practice your newly-developed skill. **Outdoor class**

READING THE WOODS

Learn to observe and identify plants and wildlife as you discuss flora and fauna while hiking along forest trails. Trailside discussions will include plant and animal interrelationships and how to read "animal sign." Participants will be hiking most of the class. Bring binoculars and field guides if you have them. **Outdoor class**

TURKEY HUNTING

This class will cover the biology and habits of the wild turkey. Discussion will include hunting strategies, equipment, clothing, camouflage, calling, patterning a shotgun, chokes to use and safety. Introduction to Firearms, Hunter Education or significant firearm experience is required. **Indoor and outdoor class**